

MCCS/USNH Health & Wellness Corner

JANUARY 2004

January Health Promotion Schedule of Events

- ♦ *Tobacco Cessation*: 5-week class starting on Jan 6th at 1700. Class will meet at the USNH Galley. Call 645-2620 to register for this class or for information on upcoming classes at other locations. Ready...Set...QUIT!
- ♦ *BALANCE*: New & improved Weight Management Support Group. Meetings will now be held weekly (every Wed from 1700-1730) beginning on Jan 14th at 1700, USNH. This group will offer support & motivation to help you achieve individual weight loss & fitness goals. Call 645-2620/3910 for more information.
- ♦ *Lose Weight the Easy Way!* Class meets Jan 15th & Jan 22nd at 1600. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.
- ♦ *Healthy Weight Week Aerobathon*: Courtney Iron Works Gym, Jan 17th, 0900-1200. Show up at 0800 if you wish to participate in the free body fat and cholesterol screenings. This event is free and open to everyone. Call 645-3484 for more details.
- ♦ *Healthy Heart Class*: Class meets on Jan 28th at 1500. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.
- ♦ *Canine Run*: Here's a chance for you & the pooch to get in a good workout. 5K & 2.5K Run, Jan 31st, 0800 Start Time, Camp Lester Fitness Center, 645-2620 for more information.
- ♦ For more information about any of the topics covered in this newsletter, please contact the MCCS Wellness Director at 645-3910.

Monthly Health Observances

Diet Resolution Week: (Jan 1st – 7th) Now is the time to sign up for the "Lose Weight the Easy Way" class & join the Weight Management Support Group "BALANCE." Let our team of health promotion professionals take the guesswork out of your nutrition & fitness program.

Healthy Weight Week: (Jan 18th – 24th) Maintaining a healthy weight is an important contributing factor to good physical and mental health. Maintaining a healthy weight can increase life expectancy, quality of life, and physical and mental well being. As an individual, you can help maintain a healthy weight by eating the recommended number of calories each day and getting regular exercise. For more details, check out the following website: www.healthyweight.net. Kick off Healthy Weight Week by attending the Aerobathon at Camp Courtney on Jan 17th.

Up in Smoke: Tobacco use is a lifestyle choice that annually accounts for 20 percent of all U.S. deaths. Each year, more than 440,000 Americans die prematurely because of tobacco use. The first 72 hours tobacco-free are the hardest; most people need seven attempts to be successful. Make your wisest decision of the year...kick the habit. Call 645-2620 to sign up for the Tobacco Cessation class starting on Jan 6th or for information on future classes.

